



See page 2 for Year of the NCO article.

## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Dec. 2, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



### Reduced gate hours for holiday weekend

There will be reduced gate operations at Aberdeen Proving Ground for the Thanksgiving holiday.

On Nov. 25, the Harford Gate (Route 22) in the Aberdeen Area and the Wise Road Gate in the Edgewood Area will close at 10 p.m.

The Harford Gate and the Wise Road Gate will reopen at 4 a.m., Monday, Nov. 30.

The Maryland Gate in the Aberdeen Area and the Magnolia Road Gate in the Edgewood Area (Route 152) will be open throughout the holiday weekend. (This is a corrected notice from the Nov. 19 issue of APG News.)

### Client Services Division closed Nov. 27

The Office of the Staff Judge Advocate will be minimally staffed on Nov. 27. The Client Services Division that services active duty, Family members and retirees will be closed.

### Holiday refuse, recycling pickup schedule

Refuse and recycling pickup for all residential areas is

See SHORTS, page 8

## ISSUE HIGHLIGHTS

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22d Chem holds Responder's Challenge

## Vet Command selects top NCO, Soldier



Photo by YVONNE JOHNSON

First Sgt. Christopher Maturey of the National Capital District Veterinary Command, right, briefs candidates for Noncommissioned Officer and Soldier of the Year at the conclusion of the selection board at Top of the Bay Oct. 30. Listening from left, Sgt. Ismael Esquivel, the NCDVC NCO of the Year from the Fort Belvoir Branch Veterinary Services in Virginia; Sgt. Brian Thomas from Fort Myer, Va.; Spc. Kimberly Wear from Fort George G. Meade; the NCDVC Soldier of the Year, Spc. Harold Dilworth from Fort Belvoir; and board member Staff Sgt. Daniel Garcia-Nunez from Fort Myer. See article on page 2.

## Act ends controversial personnel system

Story by  
**JIM GARAMONE**  
American Forces Press Service

With President Barack Obama's signature Oct. 28 on the 2010 National Defense Authorization Act, a controversial pay-for-performance personnel system is abolished.

About 220,000 Defense Department employees who had come under the National Security Personnel System will transition back to the long-standing General Schedule system, but

that will take time, a senior official said.

Tim Curry, acting program executive officer for NSPS, said the department could start transitioning employees in six months. The department has begun a comprehensive planning process, he explained, with the goal of ensuring a smooth and orderly transition of employees and organizations out of NSPS.

"The department is going to proceed deliberately and cautiously without unnecessary

delay," Curry said. The transition will take place organization by organization, he said to minimize disruption. Meanwhile, employees under NSPS will remain in that system.

"It took three years to bring those two hundred twenty thousand employees into the system," Curry said. "Congress recognized that it was going to take time ... to do it right."

The new law gives DoD officials six months to develop and submit a plan to Con-

gress detailing the transition. The whole transition must be finished by Jan. 1, 2012.

"We will work under NSPS for the time being, while we are working on the transition plan," Curry said. "When we're at the point where employees come out of the system, ... the law ensures that no employee's pay will be reduced when converting out of NSPS."

Employees outside of NSPS are not affected by the change.

See NSPS, page 7

## APG, Picerne keeping Families first Housing transfer date delayed

Picerne Military Housing

Aberdeen Proving Ground and Picerne Military Housing have been working together as a partnership to privatize Family housing on post as part of the Army's Residential Communities Initiative program.

Aberdeen Proving Ground and Picerne developed the Community Development and Management Plan together, which is the blueprint to change the face of housing as part of the 50-year partnership. The CDMP's final approval was announced Oct. 10, and Picerne was scheduled to assume responsibility for Family housing at APG on Dec. 1.

In order for the partnership to complete the necessary legal and logistical measures to transfer housing operations, the timeline has been extended to Dec. 17.

This means that Picerne Military Housing is now scheduled to assume all Fam-

ily housing operations at midnight on Dec. 17. The Army will continue to manage and maintain Family housing through Dec. 16.

The garrison leadership and Picerne Military Housing will host a town hall meeting at Top of the Bay, 6 p.m., Dec. 1, to answer any questions related to the change in transition date and to assist Soldiers in completing their lease paperwork if it has not already been completed.

### What will this mean for Families living on post?

From now through Dec. 16, residents should continue to go to or call the current government housing office for any housing or maintenance needs. All work orders should continue to be submitted to the Directorate of Public Works Service Order Desk at 410-306-1400/1401.

As part of transition, Soldiers are required

See PICERNE, page 11

## Museum to transition from Ordnance to Aberdeen Proving Ground history

Story by  
**YVONNE JOHNSON**  
APG News

By the end of the year 2011, the U.S. Army Ordnance Museum will be a thing of the past at Aberdeen Proving Ground, and in its place will be a facility housing artifacts detailing the storied history of the installation as well as those of its new tenants from Fort Monmouth, N.J.

The new museum is scheduled to open in 2012. The Directorate of Plans, Training, Mobilization and Security is leading the project, and Susan Gail Fuller was brought on to develop the museum. Fuller comes to APG from Hawaii where she was the director of the U.S. Army Museum of Hawaii at Fort DeRussy and at the Tropic Lightning Museum, the official museum of the 25th Infantry Division, at Schofield Barracks.

Fuller said the facility will be renamed the U.S. Army Aberdeen Proving Ground Museum and that its purpose will be to preserve and exhibit installation history and the incoming historical collection from the Army Communications-Electronics Museum at Fort Monmouth.

"The mission of the APG Museum will be to collect, preserve, interpret and exhib-

it artifacts and related memorabilia that reflect the history of the Army at APG, the former Edgewood Arsenal, including the former Fort Hoyle, and the Communications-Electronics School," Fuller said.

She said the transition will be gradual as the relocation of the Ordnance Museum continues.

"In the meantime, we're planning the museum for when they're gone," she said.

"The Center of Military History determines if a collection can be designated a museum. Aberdeen Proving Ground's first step was to hire a museum director to start that process," she added. "We are now going through the steps to acquire authorization, and with the area's rich history, I don't anticipate any major obstacles. We have every intention of opening our doors to the public as a museum."

Fuller said she had wanted to work for the Army Museum system for a long time, prior to her positions in Hawaii.

"It's the most regulated military museum system with the highest standards, and they give museum personnel a lot of support," she said.

Currently, Fuller is kept busy with paperwork, phone calls and planning and

See HISTORY, page 3

## TRAFFIC ALERT

### Road construction update

DPW

As paving and road work on Maryland Boulevard continues, progress is beginning to be more evident as the final surfaces begin to be placed.

There will be no work on Thanksgiving Day.

From Friday, Nov. 27 through Monday, Nov. 30, the contractor will be placing the second paving lift from Aberdeen Boulevard to Darlington Street and completing the remaining work between Aberdeen and Harford boulevards.

Starting Monday, Nov. 30, and continuing through Tuesday, Dec. 1, the plan is to pave Boothby Hill Avenue from Combat Drive to Darlington Street.

The work will be done using standard single lane closures with flaggers and traffic controls.

All of this work is totally weather dependent so rain or cold weather will cause schedule delays to any paving operations. Any delayed work should resume in the sequence noted.

Cooperation and attention to safety is appreciated.

For more information, contact Jerry Norris, Directorate of Public Works, 410-306-1159.

## President signs Defense Authorization Act

Story by  
**GERRY J. GILMORE**  
American Forces Press Service

President Barack Obama signed the fiscal 2010 National Defense Authorization Act on Oct. 28 during a ceremony at the White House.

Obama hailed the act which contains \$680.2 billion in military budget authority, as transformational legislation that targets wasteful spending.

The president was accompanied by Vice President Joe Biden, congressional leaders and other senior officials,

See BUDGET, page 7





# APG celebrates The Year of the NCO

## Veterinary Command selects NCO, Soldier of the Year

Story and photos by  
**YVONNE JOHNSON**  
APG News

The National Capital District Veterinary Command came to Aberdeen Proving Ground to select its Noncommissioned Officer and Soldier of the Year after four days of competition at various sites around the installation Oct. 27 to 30.

The APG section of Dover Veterinary Branch, led by Staff Sgt. Robert Pircher, hosted the event.

The NCDVC, headquartered at Fort Belvoir, Va., oversees veterinary services branches at APG, Fort George G. Meade, Andrews Air Force Base, Dover Air Force Base in Delaware, Walter Reed Army Medical Center in Washington, D.C., and Fort Myer, Va.

Soldiers within the command stationed at APG serve as veterinary specialists and food inspectors.

Pircher said several APG elements supported the event. He thanked the 22d Chemical Battalion (Technical Escort); Capt. Matthew Miller, commander of the Forward Operating Base Wolverine in the Edgewood Area; and Staff Sgt. Peter Damian, an Ordnance Mechanical Maintenance School instructor who oversaw the combative tournament, for their support.

“They did an unbelievable job helping us out, along with all the NCOs within the command,” Pircher said. “When it comes to training, we’re NCOs. That’s what we do.”

The qualifying events consisted of a weigh-in, a multiple-choice exam and a written essay on day 1. On day 2, contestants took the Army Physical Fitness Test followed by weapons qualification and a day/night land navigation course. A 6-mile road march, Army Warrior Task testing and a combative tournament made up day 3 and the competition concluded on day 4 with an appearance before the selection board.

The contestants included Sgt. Ismael Esquivel and Spc. Harold Dilworth from Fort Belvoir; Sgt. Brian Thomas from Fort Myer and Spc. Kimberly Wear from Fort Meade.

They agreed that the competition was challenging but rewarding.

Wear is a food inspector from Memphis, Tenn. She has been in the Army for five years.

“This one was tougher on me,” said Wear, the Soldier of the Quarter for her unit.

She said studying and meeting the physical tasks made it a challenge to focus.

“I calmed down and got into the spirit of things,” she said of her board appearance. “I was comfortable with the subject matter and that helped give me confidence.”

Thomas, a Fort Myer food inspector who was unable to compete in the combative tournament due to an injury, said he was most challenged by the road march.

“I’ve done it before but it’s been a while,” he said. “The board was very challenging but I was confident and I feel I did well overall.”

Dilworth, a 25-year-old food inspector from Tupelo, Miss., has three years in service. He said it was his “first competition at this level.”

“It was full of challenges, especially the road march, but I was prepared, thanks to my supervisor,” Dilworth said.

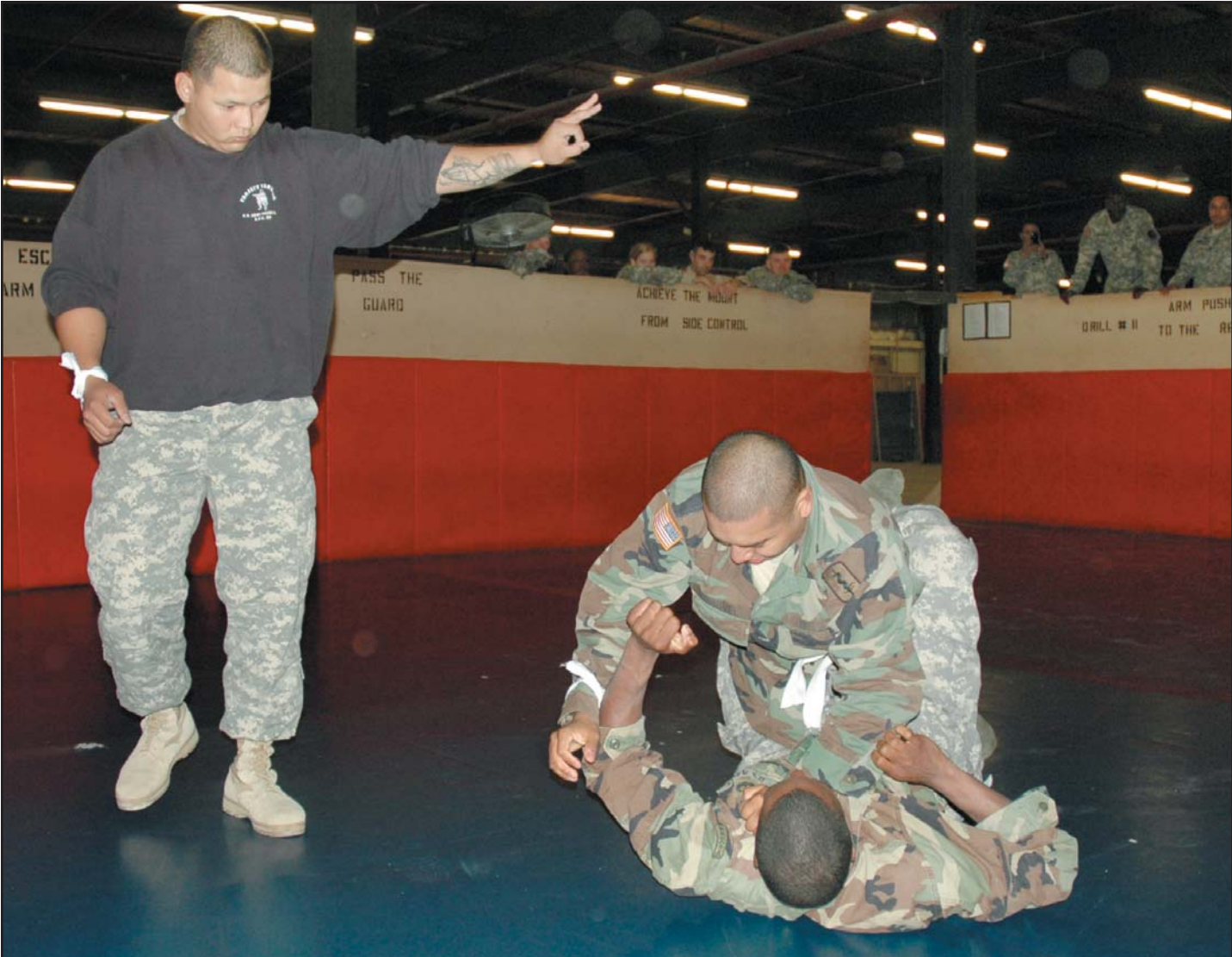
With five years of service, Esquivel, age 23, is Dilworth’s supervisor. He said he couldn’t let his Soldier “go this alone.”

“He’s a good Soldier who’s not afraid of challenges,” Esquivel said. “A lot of Soldiers don’t want to compete because it’s stressful and time consuming but he stepped right up to the plate.”

He said he was most challenged by the essay on day 1.

“We were asked to write about how we felt about the new GI Bill or how we felt about the treatment of wounded Soldiers who are forced to leave active duty,” he said. “Those were good topics but it was just hard to write about it under pressure.”

First Sgt. Christopher Maturey, from



Staff Sgt. Peter Damian, an Ordnance Mechanical Maintenance School instructor, oversees the contest between the eventual winners of the National Capital District Veterinary Command NCO and Soldier of the Year selection board, Sgt. Ismael Esquivel, on top, and Spc. Harold Dilworth, on bottom, during the combative tournament portion of the four-day event in the Edgewood Area’s Warrior Training Center Oct. 29.

Fort Belvoir, served as president of the board. Board members included Sgt. 1st Class Willett Hill, Fort Belvoir; Staff Sgt. Tamiaka Flannigan, Fort Meade; Staff Sgt. Daniel Garcia-Nunez, from Fort Myer; and Pircher. They were joined by Lt. Col. Mark Bohannon, NCDVC commander, to announce the winners.

Maturey congratulated the four, and board members critiqued their performance and identified their weaknesses prior to the announcement.

“You all did a fine job,” Maturey said. It was a very close match. You performed outstanding, and it was just a slight margin between all of you.”

“You are all winners,” Bohannon added. “It’s not easy to get to this point. You did your best, and I’m proud of you.”

The NCDVC NCO of the Year is Sgt. Ismael Esquivel and the NCDVC Soldier of the Year is Spc. Harold Dilworth. As far as they know, it was the first time a supervisor and his Soldier were selected for the honor, Maturey said.

“This says a lot about this NCO’s leadership,” he said. “Many times we are judged by our Soldier’s performance and this one was up to the task.”

“This feels great,” Esquivel said after the announcement. “We put in a lot of time and effort just to get to this point, and it paid off.”

Dilworth said he owed it all to his supervisor.

“He truly helped me to better myself,” he said of Esquivel. “He had to do everything I did, and it felt good to have him with me. He really is a great mentor.”

### VETCOM

The U.S. Army Veterinary Command provides military services in support of the U.S. Army Medical Command and Department of Defense missions.

The responsibilities of VETCOM include food safety and quality assurance, care of government-owned animals and animal disease prevention and control.

The North Atlantic Regional Veterinary Command, headquartered at WRAMC, is made up of four subordinate commands – the Ohio Valley District Veterinary Command, headquartered at Fort Knox, Ky.; the Mid-Atlantic District Veterinary Command headquartered at Fort Eustis, Va.; the Northeast District Veterinary Command headquartered at Fort Monmouth, N.J.; and NCDVC.



Instructor Staff Sgt. Peter Damian looks on as Soldier of the Year candidate, Spc. Kimberly Wear, from Fort George G. Meade, right, and Staff Sgt. Robert Pircher of the APG Branch Veterinary Services, center, tangle during the combative tournament. Pircher was subbing for Sgt. Brian Thomas who could not participate due to injury.



From top, Sgts. Ismael Esquivel and Brian Thomas, and Spcs. Kimberly Wear and Harold Dilworth descend the Top of the Bay staircase on their way to learning the decision of the National Capital District Veterinary Command NCO and Soldier of the Year selection board.

## APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal oppor-

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Deadline for copy is Thursday at noon for the following Thursday’s paper.

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# Commentary: A holiday message from Defender 6



By  
**LT. GEN. RICK LYNCH**  
*IMCOM*

Each November, Americans gather with Family and friends to give thanks for the many blessings they enjoy as citizens of this great land.

This Thanksgiving Day will be particularly poignant for the many thousands of Soldiers serving in harm’s way and their Families.

As you celebrate in gratitude, let us recognize the selfless service and sacrifice of our Warfighters ensuring our security and freedom.

Although a time of joy and goodwill, this season brings particular hazards that can be unforgiving to the unprepared.

Now is a good time to remind ourselves

how to reduce the risks of driving in winter conditions, hunting, home fires, home decorations and electrical conditions, ice or snow-covered walkways, etc. Find information on these and other timely safety topics in the IMCOM Fall Winter Safety Brochure at <http://www.imcom.army.mil/hq/officecom/staff/safety/>.

Please exercise caution, because winter weather and heavy traffic may complicate your plans. Getting there safely is more important than getting there on time. Use the Travel Risk Planning System (TRiPs) at <http://combatingaggressivedriving.com/trip%20planning.html> to identify traveling risks and help reduce or eliminate the chance of an accident while traveling over the holiday months.

Finally, be vigilant for signs of distress among those around you. Be mindful of those for whom this season can be stressful and offer assistance or referrals as appropriate. Chaplains, counselors and the chain of command all have resources to help the needy or overwhelmed.

We are blessed to live in a nation that values freedom and the sanctity of life.

This Thanksgiving Day regardless of your holiday plans, please be aware of the hazards, take action to guard against them, and execute good safety practices. You are too important to the IMCOM Family and to your own Families to fall victim to a preventable accident.

Support and defend!

## DoD leader lauds Edgewood Area of APG agencies

Story by  
**KRISTEN SZYDLOSKI**  
*ACWA*

The Assembled Chemical Weapons Alternatives program welcomed Jean Reed, deputy assistant to the secretary of defense (Chemical and Biological Defense and Chemical Demilitarization) to co-host and to convey thanks to the individuals who successfully planned, coordinated and achieved what came to be known as Operation Swift Solution at an Aberdeen Proving Ground award ceremony Nov. 10.

“On behalf of our country’s entire chemical community, I want to personally commend you, and I thank you for a job well done,” Reed said. “The roughly one hundred thirty five gallons of GB mixture destroyed in Swift Solution may seem to some as a drop in the chemical weapons bucket, but don’t think for a minute that drop didn’t send its ripples across many different nations.”

Operation Swift Solution safely eliminated three deteriorating steel containers and associated wastes that were stored at the Blue Grass Army Depot, Ky. The now destroyed containers held a mixture of the nerve agent GB and its breakdown products.

The complete elimination of the deteriorating containers brought credit to the

United States for agent destruction under the Chemical Weapons Convention treaty and eliminated health and safety risks associated with continued storage.

The ACWA program led a team with the following Army partners in order to safely destroy the containers: BGAD, Blue Grass Chemical Activity, the U.S. Army Chemical Materials Agency and the Edgewood Chemical Biological Center.

Along with Reed, ACWA Program Manager Kevin Flamm; Rick Decker, ECBC director; and Conrad Whyne, CMA director, co-hosted the event. Other supporting agencies with employees who were recognized included the U.S. Army Center for Health Promotion and Preventive Medicine, Science Applications International Corporation and Booz Allen Hamilton.

“Today, we’re here to celebrate your success in eliminating forever the risks from those containers,” Flamm said. “If you’re receiving an award today, it’s because this work could not have been completed without your contribution.”

At the ceremony, recipients received a Commander’s Award for Civilian Service, a Program Manager’s Coin or Certificate of Appreciation. Commander’s Award recipients included Dennis Bolt, Frank Evans, Russell Fendick, Dennis

Hall, Curtis Hollister, George Roberts, John Schwarz and Jon Ware.

Program Manager’s Coin recipients included Tim Blades, Mike Biggerman, Melanie Bon, Meg Caine, Cindy Church, Eric Copeland, Amy Dean, Todd Duff, Brandon Dusick, Laura Elliott, John Ford, Steven Freeland, James Harris, Bernard King, Charles Kyle, Michael Manthei, Nam-Phoung Nguyen, Brian O’Donnell, Arlita Privett, Jim Richmond, Peter Spaeth, Willie Tucker, Dwayne Vernon and Frank Wood.

Employees who were recognized with Certificates of Appreciation included William Adams, Justina Allen, Gladys Appel, Robert Bagley, Dawn Baker, Steve Bird, Stephen Carter, Torrey Davis-Collins, MaryAnn Curtin, Alan Cushen,

Joe Daven, Edward Doyle, Chris Druyor, Kevin Duvall, James Fackett, Kim Fink, Adam Foor, Bennie Ford, James Fortier, John Fortier, Vivian Graham, Joe Green, Peggy Hallisey, Shawn Heinlein, Amos Henderson, and Elizabeth Hirsh. Also, Wayne Hock, Mason Holquist, Brandon Jones, Jeff Kiley, Andy King, Michael Laws, Connie Lee, JR Leed, John Loss, Jeremy Mason, William McCoy, Wyatt McNutt, Jill Meuser, Jeffrey Mott, Greg Nielson, Brian Owen, Edward Parshley, John Perry, Anthony Pierce, Sandra Reid, Derek Romitti, Leonard Rowe, Alan Seitzinger, John Stallings, Stephen Still, Gerald Starnes, James Swank, Tom Urbanski, LeRoy Wainwright, Andrea Williams, Willie Wiley and Michael Wooten.

## History

*From front page*

meetings with those in possession of historical items as well as anticipating the Fort Monmouth move.

“Our goal is to tell the story of the Army at this site,” she said, adding that artifacts have been found dating back to the 1600s.

“Not many people realize the archeological significance of the artifacts discovered here, some of which are on display at the Visitor’s Center [next to the Route 715 gate].”

Fuller met with Charlotte Cronin of The Aberdeen Room Museum and Archives.

“She has a great collection and a wealth of information, and she’s very much interested in telling the Army story,” she said. “They all are very excited to know that this will be an Aberdeen-focused museum.”

Unlike the Ordnance Museum, which was controlled by the U.S. Army Training and Doctrine Command, the APG Museum will be controlled by the installation,” Fuller said.

“The command is very supportive of an Aberdeen Proving Ground Museum,” she said.

The quest to “tell the whole APG story” means seeking information and artifacts from local offices and units, Fuller said.

“For those with historical items or what they think may be artifacts, I’d like to hear from them. The more I find, the more we can illustrate the history.”

Fuller can be reached at 410-278-4495 or e-mail her at [susan.gail.fuller@us.army.mil](mailto:susan.gail.fuller@us.army.mil).

A native of Mobile, Ala., Fuller holds a master’s in museum studies from Syracuse University.

Her past positions include 15 years as chief curator for the U.S. Coast Guard and curator at the Battleship USS Alabama Memorial Park in Mobile.

# AAFES NEWS

## AAFES aims to be military shoppers' first choice for holiday shopping

AAFES

Promotions, prizes and popular name brands will anchor the Army & Air Force Exchange Service's efforts to invite military Families to "rediscover the value" their exchange is offering this holiday season.

Exclusive savings on tax-free holiday decorations, care package items and electronics have been cycling in and out of BXs and PXs every week throughout November. All of it building towards Thanksgiving weekend and what has practically become a national holiday, "Black Friday."

At the forefront of the post-Thanksgiving blitz will be thousands of scratch-off cards given out to early birds and customers who shop the exchange after 4 p.m., Nov. 27 through 29. With prizes ranging

from free soft drinks to \$100 gift cards, every scratch-off will be a winner.

"BX and PXs will open at 4 a.m., Friday; 6 a.m., Saturday; and 9 a.m., Sunday after Thanksgiving," said AAFES' Commander Maj. Gen. Keith Thurgood. "Depending on the size of the store, we will pass out anywhere from sixty to two hundred scratch off cards in the morning with the remainder being distributed between 4 p.m. and closing."

"Shop early for the best deals in town at the Aberdeen Proving Ground store," said Debbie Armendariz, APG store manager. "Quantities are limited, and there will be no rain checks or adjustments on these specially priced items."

"In addition, we will open early this Friday, [November 27] at seven o'clock [a.m.]. We will have coupons for the ear-

ly shoppers. There will be free coffee for our early birds," she said.

Beyond giveaways and prizes, the exchanges will have all of the latest "must have" gifts including the newly introduced line of Ed Hardy jewelry, XBOX military appreciation bundles and specially-priced notebooks and mini "netbooks."

The opportunities to shop and save won't end in November as AAFES [including at APG] has a variety of special events planned including Early Bird specials on Dec. 5, 19 and 24.

Authorized exchange shoppers can view specific details regarding special promotions, updated weekly, throughout the holiday season by visiting AAFES' "Sale Flyers" page at <http://h3.aafes.com/tabloid/default.asp>.

### APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations, WAPG-TV Channel 21 (on Aberdeen Proving Ground) or call 410-278-SNOW (7669).

A recorded telephone message will

contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to Aberdeen Proving Ground; listen for those that name APG specifically.

For general information, call the APG Public Affairs Office, 410-278-1147.

Station	Frequency	Location
WAMD	AM 970	Aberdeen
WXCY	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

### KUSAHC Shots

#### H1N1 MIST AVAILABLE

Kirk U.S. Army Health Clinic has the H1N1 mist for healthy TRICARE beneficiaries ages 4 through 49, with no underlying medical conditions.

For more information or for daily updates, call the flu hotline, 410-306-3588.



### School delay/cancellation due to snow

Harford County Public Schools will notify all parents of a school delay/cancellation due to snow using the Alert Now System (automated phone messaging).

On the morning of a school delay/cancellation, an Alert Now message will be sent via phone by 6:15 a.m. to all parents. Notification of the delay/cancellation will continue to be broadcast through the traditional media outlets (e.g., TV, radio, etc.).

Parents are asked to not call the school for questions related to delays/cancellations.



# Chapel News

## Commentary: A Thanksgiving message

By  
**CHAP (COL)**  
**RUBEN D COLON**  
*Installation chaplain*

While we all remember the Pilgrims sharing a meal with the Native Americans of the 1600s, Thanksgiving did not officially become a national celebration until Abraham Lincoln’s administration. It continues to this day and is a great occasion to consciously take time and give thanks for all that has meaning in our lives. Even in the midst of war and death, we still claim a victory by giving thanks for that which our maker has given us. Nowadays, holidays in the Army find many of our Soldiers deployed and away from home and Family. This Thanksgiv-

ing holiday is no different. We have Soldiers from the Aberdeen Proving Ground community deployed to the far reaches of the world, and many others are preparing to deploy. Since Sept. 11, 2001, and with the recent deaths at Foot Hood, the focus remains the same. Today our Soldiers are in harm’s way everywhere protecting the liberty and freedom they learned to be thankful for as a community. Sacrificing much to provide others with the same opportunities is what those early Americans wanted to instill in our nation as it was being born. Giving thanks in the midst of war, death and destruction are the ideals of a spiritual patriot.

St. Paul sees the image of a battle in which life wins. Death is a part of our lives and our living. But Paul witnesses that death’s power is only temporary. Ultimately, God’s life has the last word. For this victory, we can be thankful. Isaiah sees God preparing for a Family reunion in eternity. A gathering of God’s Family in heaven around a banquet that puts to shame the Thanksgiving Family reunions we share on this earth. God-gathering his people from far and wide draw nearer to the table of the finest of blessings, gathering the Family where there are no tears, no suffering and no wars—at that table of God, there is a joyous celebration of eternal life. It is a victory party for which we can give thanks,

even in the face of separation and evil. The wisdom of the Old Testament tells us that in our life’s journey there are times for all kinds of experiences. And yet even in these there are the times of healing, comfort and giving thanks. We have much to be thankful for. We live in a great nation, the role model for freedom and democracy in the world. We should also give thanks for our parents, our Families and our friends. Giving thanks for the great bounty of freedom so richly enjoyed by all in America is what it’s all about this Thanksgiving day. But finally, and foremost, we give thanks for all those who made the ultimate sacrifice to keep America a generous nation.

## Chapel hosts annual Thanksgiving Dinner for area seniors



*Pumpkin pie slices wait to be served as from left, Amber Blake, Sandy Nook and Cathy Craig prepare a fruit cocktail dessert during the Senior Thanksgiving Dinner at the Aberdeen Area Chapel.*

Story and photos by  
**YVONNE JOHNSON**  
*APG News*

Nearly 200 area seniors attended the annual Senior Thanksgiving Dinner hosted by the members of the Protestant congregation of the Aberdeen Area Chapel Nov. 15. For 16 years the congregation has invited residents from area senior homes to the holiday fellowship meal. About 35 members of the congregation served a meal of sliced turkey, ham, mashed potatoes, dressing, green beans, gravy, pies and refreshments as seniors streamed into the fellowship hall. Dee Layman, the owner of Dee’s Flowers & Gifts in Aberdeen and the wife of retired Maj. Mike Layman, said the tradition began after her shop was contracted to provide flowers for a reception during a visit to the post by then President Bill Clinton in 1994. “We were so honored to make flowers for him,” she said. “We decided to take the money [we were paid for the flowers] and do something for the community.” She said they focused on seniors because “many of them won’t have a tra-

ditional Thanksgiving meal.” She said the focus at first was on Aberdeen but then expanded to Edgewood and Havre de Grace. “This year they came all the way from Cecil County,” she said. Every year the congregation sends flyers announcing the dinner to area senior centers and receives an overwhelming response. “It makes a lot of people happy, and it makes for good relations with the APG community,” Dee said. Volunteers served up 50 pounds of ham, 45 pies and 17 20-pound turkeys, she added. “The people who come are very happy, and we are happy to serve them,” Dee said. “We were here for the first time last year,” said Janice Grant as she dined with her husband Woody Grant and friend Theresa McMillan. “This is such a wonderful thing Dee does every year,” she said. “It’s such a blessing.” David Mail and his wife Sandra, members of the Aberdeen Senior Center, said they enjoyed the meal and plan to return next year. “It was delicious. We appreciate what



*Venita Mitchell, left, distributes sliced ham to seniors on the serving line during the Senior Thanksgiving Dinner hosted by the Protestant congregation at the Aberdeen Area Chapel Nov. 15.*

they’ve done just for us,” Sandra Mail said. Marilyn Fonshell and Millie McLane, residents of the Catholic Charities senior apartment building in Aberdeen, said they’ve attended the dinner for the past four years. “We enjoy it tremendously,” Fonshell said. “We try to bring others with us because many don’t have transportation, so it’s nice of Dee to let us take carry-outs to those who couldn’t come.” McLane said the meal is a blessing for those who don’t have Families or the

resources to prepare a large meal. “I try to do something special for the holiday but nothing like this,” she said. Layman expressed her thanks to the congregation volunteers who cooked, served and cleaned and to her Family members who assisted. Chaplain (Maj.) Young Kim, deputy command chaplain, said the event is never short of volunteers. “Everyone is so happy to serve, especially this time of year,” Kim said. “It’s all in the spirit of giving.”





# Deployment News



## MD ARNG Soldiers return from Kosovo

Story by  
**2LT KRISTOPHER BAUMGARTNER**  
MDNG

Twenty members of the Maryland Army National Guard’s Company C, 1-169th General Support Aviation Battalion were met by Family members and friends as they arrived at Baltimore-Washington International Thurgood Marshall Airport Nov. 12.

Company C is an aviation medical evacuation unit which deployed to Kosovo as part of NATO’s KFOR-11 rotation. The unit is based in the Edgewood Area of Aberdeen Proving Ground. While in Kosovo, the unit served under the 207th General Support Aviation Battalion from Anchorage, Alaska.

As part of Task Force Falcon, Company C worked with other National Guard units from California and operated out of Camp Bondsteel, Kosovo, covering the entire southeast sector of the country. As a medical evacuation

company they deployed UH-60 Blackhawks specially equipped with rescue equipment. Their mission was the timely and efficient movement and en route care provided by medical personnel, to the wounded being evacuated to receiving medical facilities.

In a prepared statement commenting on the unit’s performance, Brig. Gen. Keith Jones, commander of KFOR-11 said, “Their performance can be credited with assisting in saving multiple lives. Two instances that come to mind were the care and transport of a Multinational Task Force (Europe) Ukrainian soldier critically injured in a vehicle accident, and the second was relocating a French soldier suffering from severe respiratory challenges. Both had to be transported from Camp Bondsteel, Kosovo to the hospital in Thessaloniki, Greece, and were it not for the EVAC Team’s proficiency, they both would likely have been lost. Both survived.”

Photo by SPC DARRIEL SWATTS  
*A Black Hawk helicopter from the Maryland Army National Guard demonstrates to a German Soldier from Multi-National Task Force-South in Kosovo how to use the Jungle Penetrator Hoist and how to pick up patients off the ground or to lower a medic into an area where the helicopter cannot land.*

## Nomination season opens for 2010 Secretary of Defense Employer Support Freedom Award National Guard, Reserve members, Families encouraged to nominate supportive employers

ESGR  
Employer Support of the Guard and Reserve, a Department of Defense agency, announced Nov. 2 the opening of the nomination season for the 2010 Secretary of Defense Employer Support Freedom Award.  
The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. government to employers for their outstanding support of their employees who serve in the National Guard and Reserve.  
National Guard and Reserve members and their Families are eligible and encouraged to nominate employers who have provided exceptional support of military employees above the federal law requirements.  
Nominations will be accepted at [www.](http://www.FreedomAward.mil)

**FreedomAward.mil** until Jan. 18, 2010.  
Almost one-half of the U.S. military is comprised of the National Guard and Reserve. The DoD shares these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve in the National Guard and Reserve.  
The Freedom Award was instituted in 1996 under the auspices of ESGR to recognize exceptional support from the employer community.  
“There is much excitement surrounding the fifteenth anniversary of the Freedom Award,” noted acting ESGR Executive Director Polli Brunelli, “and we’re enthusiastic to begin selection of the 2010 recipients from among all of the heartfelt nominations that will be submitted by thousands of proud citizen warriors.”

ESGR is a Department of Defense agency established in 1972. Its mission is to gain and maintain employer support for Guard and Reserve service by recognizing outstanding support, increasing awareness of the law and resolving conflicts through mediation.  
The 2010 recipients will be announced in the spring and honored in Washington, D.C. at the 15th annual Secretary of Defense Employer Support Freedom Award ceremony on Sept. 23, 2010.  
Recipients of the 2009 Freedom Award met privately with President Barack Obama and Secretary of Defense Robert Gates. Dr. Jill Biden, Deputy Secretary of Defense William Lynn and Assistant Secretary of Defense for Reserve Affairs Dennis McCarthy presented the awards at a ceremony attend-

ed by members of Congress and senior government and military officials.  
The 2009 honorees ranged from Aero-Dyn Wind Tunnel, LLC, a small automotive racing wind tunnel testing company in North Carolina, to large businesses including Microsoft and AstraZeneca Pharmaceuticals. In addition, several public sector employers were honored, including the Santa Ana, California Police Department. Past recipients of the Freedom Award have provided significant support including full salary, continuation of benefits, care packages and Family assistance to employees fulfilling their military obligation.  
For more information, visit [www.](http://www.FreedomAward.mil)  
**FreedomAward.mil** or contact Maj. Melissa Phillips, ESGR Public Affairs, 703-380-9262.



# Veterans’ Voices

## NEW-STEM program opens registration for fall 2010 applicants NCOs/WOs interested in continued education, job placement encouraged to apply

UAHuntsville

The Non-Traditional Emerging Workforce in Science, Technology, Engineering and Mathematics, or NEW-STEM, program opened its registration for the Fall 2010 class on Nov. 9, with an application deadline of April 2, 2010. Registrants must be separated or retired by July 31, 2010, and available to begin classes at UAHuntsville in mid-August.

NEW-STEM is designed to attract more technically-trained noncommis-

sioned officers, ranks E5 through E9, and warrant officers, ranks W1 through W5, exiting the Army, Air Force, Navy and other branches to the technology-rich Huntsville, Ala., region. The program provides NCOs and WOs with the opportunity to earn their engineering degree at the University of Alabama in Huntsville, or UAHuntsville.

While pursuing their degree, students participate in a paid co-op program or part-time employment offered by either

a private sector company or Department of Defense command located on Redstone Arsenal in Huntsville.

NEW-STEM is part of the Tennessee Valley Corridor’s “Vets to the Valley” program, which is initially focused on two areas within the TVC—Huntsville and Oak Ridge, Tenn. Military from across the country are recruited to apply for both the NEW-STEM program, as well as its counterpart in Oak Ridge, Tenn., “America’s Veterans to Tennessee

Engineers.” Both provide participants with hands-on experience in their field through a co-op program while they earn their degree, with priority consideration for a job after graduation.

Candidates wishing to participate in either program may find out more about the requirements and qualifications needed as well as apply at [www.tennvalleycorridor.org](http://www.tennvalleycorridor.org). For more information, contact Lindsay Harper at [newstem@akinscrisp.com](mailto:newstem@akinscrisp.com) or call 256-722-5557.

## Budget

*From front page*

including Defense Secretary Robert M. Gates and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff.

“There’s still more waste we need to cut; there’s still more fights that we need to win,” Obama said, noting he and Gates will continue to seek out unnecessary defense spending. Obama said he has ended unnecessary no-bid defense contracts and signed bipartisan legislation to reform defense procurement practices so weapons systems’ costs do not spin out of control.

“Even as we have made critical investments in equipment and weapons our troops do need, we’re eliminating tens of billions of dollars in waste we don’t need,” Obama said.

The legislation, Obama said, saves billions by capping production of the Air Force’s costly F-22 fighter jet and terminating troubled, over-budget programs such as the Army’s Future Combat System and a new presidential helicopter.

“As commander in chief, I will always do whatever it takes to keep the American people safe to defend this nation,” Obama said. “That’s why this bill provides for the best military in the history of the world.”

The authorization act provides for a 3.4 percent pay raise for military members, improves care for wounded warriors and expands Family leave rights.

Money also is budgeted to fund programs that address “real and growing threats,” Obama said. Such systems, he said, include the F-35 Lightning II joint

strike fighter, the littoral combat ship, and more helicopters and reconnaissance support for deployed U.S. forces.

The authorization act contains \$130 billion to fund overseas contingency operations in Iraq and Afghanistan, and it also provides \$6.7 billion for thousands of all-terrain, mine-resistant, ambush-protected vehicles now arriving in Afghanistan.

“Secretary Gates and I both know that we can’t build the twenty-first century military we need unless we fundamental reform the way our defense establishment does business,” Obama said. He cited a Government Accountability Office report that found cost overruns totaling \$296 billion across 96 major defense projects over the last year. That amount of money, the president said, would have paid for troop salaries and military Family benefits for more than a year.

Obama praised Gates and Mullen for their hard work in developing the 2010 defense budget.

“I want to thank, publicly, Bob Gates, for his service to our nation,” he said, and he added that Mullen has “provided wise counsel and stood with us in our efforts to initiate reform.”

The authorization act, Gates said, is a bipartisan effort that’s the result of countless hours and hard work on Capitol Hill.

“This bill is a necessary step toward reshaping the priorities of America’s defense establishment and changing the way the Pentagon does business,” Gates said at the signing ceremony. Work already is under way, he said, in development of the 2011 defense budget recommendation.

“And, I can ensure you it will focus on

institutionalizing and accelerating many of the priorities and reforms embraced by this legislation,” Gates said.

The annual defense authorization bill prepared for the president’s approval or veto falls under the House and Senate Armed Services Committees and is one of two bills required for the DoD to spend money. The other is the appropriations bill, crafted by the House and Senate Appropriations Committees, which provides funding to pay for the defense programs specified in the authorization bill.

Although the authorization bill contains funding to develop and produce an alternate engine for the F-35 Lightning II joint strike fighter that Gates had opposed, the legislators were able to provide that funding without taking resour-

es away from the F-35 program itself, Pentagon Press Secretary Geoff Morrell told reporters later in the day.

Some people, Morrell said, believe that funding a second engine for the F-35 would be an unnecessary waste of taxpayers’ money.

“The authorizers have been able to do it in a way that does not seriously disrupt the overall F-35 program; we’ll see if the appropriators are able to come up with a way to do it that way,” Morrell said. “If they don’t - if they seriously disrupt it - then the secretary will recommend to the president that he veto the appropriations bill.”

The House and Senate appropriations committees are evaluating budget provisions contained within the Defense Authorization Act just signed.

## NSPS

*From front page*

Curry’s office is also studying the new law’s other civilian personnel ramifications. He said these include requirements for performance management, hiring flexibilities, training requirements and the department’s ability to go back to Congress for added personnel flexibilities.

“We’re looking at what that means and how to proceed,” Curry said. “We’re just assessing the impact and how to move forward.”

The major complaint about NSPS was that it was overly complicated and that no employee understood the pay pool process, Curry said, pledging that

department officials will take the lessons from the NSPS experience as it moves ahead.

“We’ll be particularly mindful of issues surrounding complexity and transparency,” he said. “Those are certainly important considerations to ensure employees understand and accept and buy into any rules that will be put in place.”

Civilian employees under NSPS finished a rating cycle at the end of September. These workers will receive performance ratings and payouts effective in January under NSPS, Curry said. A provision of the act requires that employees with Level 2 ratings or higher are guaranteed a pay increase in January that’s at least equivalent to the pay increase that applies to General Schedule employees.



# Community Notes

**SATURDAY**

**NOVEMBER 28  
PHUN WITH PHYSICS**

Discover the fun and fascinating side of physics using ordinary household items. This program will be held 3 to 4:30 p.m. for ages 8 to 11. The cost is \$4 per person. Registration is required.

For more information, to register, or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**CHRISTMAS PRIZE BINGO**

VFW Post 8185 located on Route 222, Port Deposit, will hold Christmas Prize Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$10 for all cards for 20 games. Special single card packets cost \$5 each for children ages 8 and under; extra packs cost \$5 each. Tickets are available at the door. Refreshments, toys, gifts, raffles and more will be available. All children must be accompanied by an adult.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Stephanie Gibson, 410-378-2672 or Carrie McCall, 410-378-9169.

**SUNDAY**

**NOVEMBER 29  
NATURAL GIFT WORKSHOP**

Spend the afternoon creating hand-made gifts for the holiday season. Several gift making stations will be set up in and around the Anita C. Leight Estuary Center. Hot Cider and cookies will add to the festive day. This program will be held 1 to 4 p.m. for all ages. The cost is \$20 in advance or \$30 at the door. Registration is required. For more information, to register, or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**FRIDAY**

**DECEMBER 4  
MAIN STREET FIRST FRIDAY  
“LIGHT UP NIGHT”**

Havre de Grace Main Street First Friday's “Light Up Night” kicks off at 6 p.m. with Santa arriving in style cruising on a fire truck down Washington

Street in Havre de Grace. Enjoy the Havre de Grace High School Warrior Marching Band and Havre de Grace Middle School Band. Experience all the merchant specials and appreciate the talents of the Havre de Grace Chamber Singers. The shops of Havre de Grace will have extended hours.

**SATURDAY**

**DECEMBER 5  
CLOTHES GIVE AWAY**

St. James A.M.E. Church, 615 Green Street, Havre de grace, will give away clothes on the first and third Saturday of each month, 9 a.m. to 1 p.m. The event will be held on the lower level of the Church Parsonage at 742 Otsego Street.

For more information, call Pattie Ford, 410-939-2267.

**WACVA CHAPTER 70 MEETS**

Maryland Freestate Chapter 70 of the Women's Army Corps Veterans Association will hold its monthly meeting 11 a.m., Dec. 5, at the Aberdeen Senior Center on Franklin Street.

Members will prepare for the holiday party for hospitalized women veterans at the Perry Point VA Medical Center which will be held the following Saturday, Dec. 12.

Membership in the chapter is open to women who are serving or who have served in any branch of America's armed forces, including Guard and Reserve.

For more information, contact Judy Fortier, chapter president, 410-272-4115.

**GIVE A BLUEBIRD FOR THE HOLIDAYS**

Need a gift for a bird lover? Learn a bit about bluebirds while building a nest box. Bring a power drill. This program will be held 1:30 to 3 p.m. for ages 8 to adult. The cost is \$10 per person. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**CHRISTMAS COOKIE SALE**

United Methodist Church, 101 Union Avenue, Havre de Grace, will hold a Christmas Cookie Sale, 9 a.m. to noon. Browse and choose from many varieties of home baked cookies. Cost is \$4

per pound. There also will be a fancy table with assorted jewelry, crafts, knick knacks and Christmas decorations. Santa will be there for the children. For more information, call 410-939-1341.

**SATURDAY AND SUNDAY  
DECEMBER 5 AND 6  
STEPPINGSTONE MUSEUM  
CHRISTMAS OPEN HOUSE**

The Steppingstone Museum will hold its annual Christmas Open House noon to 4 p.m., Dec. 5 and 6. Admission is free. There will be tours of the historic farmhouse decorated for the holidays, Christmas music, cookies and cider. The museum store will be open for holiday shopping.

For more information, call Linda Noll, 410-939-2299, 888-419-1762, e-mail steppingstonemuseum@msn.com or visit [www.steppingstonemuseum.org](http://www.steppingstonemuseum.org).

**SUNDAY**

**DECEMBER 6  
SOUNDS OF THE SEASON**

Grove Presbyterian Church, 50 East Bel Air Avenue, Aberdeen, will hold Sounds of the Season: Holy Night of Miracles, a Christmas cantata of hope, 5 p.m. The Grove Chancel Choir will present seasonal selections using handbells. A light reception will follow in Mitchell Hall.

For more information, call 410-272-0896

**ALL DAY BINGO**

The American Legion Auxiliary Unit of Susquehanna Post 135, 300 Cherry Street, Perryville, will hold All Day Bingo, 12:30 p.m. Doors open at 11 a.m.; Early Bird Game starts at 11:45 a.m. Cost is \$25 per person and includes 50 games (all paper cards), meal and free coffee. A 50/50 raffle will be held for early birds. No one under 18 years of age is allowed in the Bingo Hall. No smoking is allowed. For more information, call 410-642-2771.

**LUNACY AT THE PIER**

Learn about the moon and tide change while walking to the Pontoon Pier to measure the effects on Otter Point Creek. This free program will be held 12:30 to 2 p.m. for ages 6 to 12. Regis-

tration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**HOLIDAY CENTERPIECES**

Bring a favorite container or basket or take potluck with one of the Anita C. Leight Estuary Center's and craft a table centerpiece using fresh greens. Candles included if desired. This program will be held 2:30 to 4 p.m. for ages 12 to adult. The cost is \$8 per centerpiece. Registration is required.

For more information, to register or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

**MONDAY**

**DECEMBER 7  
TOASTMASTERS CHRISTMAS  
GAG GIFT MEETING**

Gunpowder Toastmasters Club 2562 will hold its annual Christmas Gag Gift meeting, so come prepared to exchange a gift, speak off the cuff and have some fun.

The regular Gunpowder Toastmasters schedule will return 11:40 a.m. to 12:40 p.m., Jan. 4, the first and third Monday of each month (unless the date falls on a federal holiday), in the Chemical Demilitarization Training Facility in building E-4516 Seminar Room.

For more info, call Dave Garcia, 410-436-5013 or Carmen Kifer, 410-436-8969.

**WEDNESDAY**

**DECEMBER 9  
WEDNESDAY WEE WONDERS  
IN WINTER**

Join the naturalist and her wee one to explore the wintry world through stories, songs, live animals and outdoor exploration. This program will be held 12:30 to 1:30 p.m. for children up to age 4. The cost is \$2 per person. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

*(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.)*

**Post Shorts**

scheduled for the upcoming holidays.

- Nov. 26 – Refuse will be picked up on Nov. 25 from Bayside Village, School Street, Plumb Point Loop, Hopkins Loop, Top of the Bay and ACS building 2754

Effective Dec. 17, Picerne Housing will take over the refuse and recycling collection in the housing area.

**CFC exceeds \$276,000**

The Aberdeen Proving Ground Combined Federal Campaign has exceeded \$276,000 with more than 920 contributors.

The CFC Office congratulates the U.S. Army TACOM Life Cycle Management Command, Logistics Support Center,

Clothing and Heraldry Services Office and the U.S. Army Dental Command for exceeding their goals.

For a CFC Contributor's Guide or online pledging instructions, click the 'CFC Coordinators and Keyworkers POC' link next to the CFC logo on the APG Web site.

For more information, or to make a contribution, contact a CFC key worker; visit the APG CFC Office in Top of the Bay's Down Under, building 30; or call 410-278-9913/9915.

**Thanksgiving Day specialty meal Nov. 26**

The Thanksgiving Day Specialty Meal will be held in the Aberdeen Area dining facility, building 4219 and the Edgewood Area dining facility, building E-4225, 11:30 a.m. to 2:30 p.m.

During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The holiday meal rate of \$7 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilians, retirees and their guests. The holiday discount meal rate of \$5.95 applies to spouses and other Family members of enlisted personnel in the ranks private through specialist/corporal.

The menu includes hearty turkey and wild rice soup, shrimp cocktail, savory roasted turkey, orange-honey glazed baked ham, carved to order steamship round, apple and

sausage cornbread dressing, savory bread dressing, fluffy mashed potatoes with giblet gravy, candied yams, buttered corn, green beans almondine, assorted salad bar, bacon and tomato salad, cucumber salad, waldorf salad, cranberry sauce, assorted breads, buttered hot rolls, bread sticks, assorted traditional pies, assorted fresh fruits, hard candies and mixed nuts, soft serve ice cream with assorted toppings, egg nog and assorted beverages. Note: Menu is subject to change without prior notification.

For more information; call Edward Parylo or Ernest Green, 410-306-1393/1398.

**KUSAHC closes for the holidays**

Kirk U.S. Army Health Clinic will be closed Nov. 26 for the Thanksgiving holiday and on Nov. 27 for a training holiday and will reopen Nov. 30.

Patients should plan accordingly to pick up prescriptions prior to these dates.

For medical services needed after hours, weekends or federal holidays, contact Staff Duty at 410-278-1725. The Staff Duty Officer will coordinate patient's care with the Medical Officer of the Day.

To avoid Point of Service copayment charges, patients will need authorization and/or a referral to go to any urgency clinic. Emergency rooms do not require a referral.

**RDECOM holds change of command Dec. 4**

The U.S. Army Research, Development and Engineering Command will hold a change of command 10 a.m., Dec. 4, at the Aberdeen Area Recreation Center, building 3326. Major Gen. Paul S. Izzo will retire after 34 years of service and turn the command over to Maj. Gen. Nickolas G. Justice, the current program executive officer for the Command, Control and Communications-Tactical at Fort Monmouth, N.J.

**2009 FMWR 5K Rudolph Run [2K walk]**

The “2009 FMWR 5K Rudolph Run” will take place 3 p.m., Dec. 10, at the Aberdeen Area Recreation Center, building 3326. This event will support the Chesapeake Bay Area Combined Federal Campaign.

Participants can sign up for either a 5K run or two-mile walk. The entrance fee costs \$20 per person; \$10 will be donated to a CFC charity of the participant's choice. Participants will receive a long sleeve T-shirt and prizes will be awarded for the top three military male and female

and the top three civilian male and female participants. Awards also will be presented for the first team of four walkers who cross the finish line together.

Charm City Run will provide the participant's numbers, times and official timekeeping for the event.

Drinks and food will be served throughout the event. A pre-registration process is currently being set up. Registration will be held noon to 2:30 p.m. on the day of the event. More details will follow.

For more information, call Maj. Matt Petraitis, 410-278-3000 or e-mail [mathieu.petraitis@us.army.mil](mailto:mathieu.petraitis@us.army.mil).

**Vet Clinic on Dec. 12**

The APG Veterinary Treatment Facility will hold a Saturday clinic, 9 a.m. to noon, Dec. 12, performing vaccinations, microchipping, routine examinations and laboratory testing (heartworm parasites). See page 11 for more details.

**Getting help with heroin addiction**

The use of heroin and cocaine is on the rise in Maryland. Heroin will likely remain one of the largest problems in the state, and will likely continue to spread.

Find out what to do to help. For a brochure about the signs of addiction, call Narconon, 877-413-3073, or visit [www.DrugsNo.com](http://www.DrugsNo.com).

**Free basketball tickets for military**

Camouflage Kids, Inc. offers free tickets to see Lafayette College vs. Navy, 7 p.m., Jan. 16, at Alumni Hall Arena, Annapolis, Md. There are a limited number of free tickets for adults and children. Tickets are provided on a first-come first-served basis. All Families from the U.S. Naval Academy and all military branches from the Maryland, Virginia and D.C. area are eligible for tickets.

It is requested that each Family limit their ticket request to a maximum of six tickets with a ratio of two adults and four children. All children must have adult supervision at the game. Tickets are for immediate Family members only. All Families should arrive one and one-half hours prior to game time so that the program can get organized for the event.

For more information, call Beth Stoddard, 410-576-2994, e-mail [sa.stoddard@us.army.mil](mailto:sa.stoddard@us.army.mil) or visit [www.camokids.org/games.cfm](http://www.camokids.org/games.cfm).

*(Editors Note: More Shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)*

**CWF hosts trip**

**Christmas in Williamsburg, Va.**

The Civilian Welfare Fund will sponsor a trip to Williamsburg, Va., Dec. 5 through 7. Travel by deluxe motor coach to historic Williamsburg, Va. Cost includes two nights lodging at the Governor's Inn, dinner show at the Boxwood Inn, a two-day pass to Colonial Williamsburg, Grand Illumination celebration, caroling, dancing, music, fireworks display and more. Cost is \$549 per person for double, triple or quad occupancy or \$649 for single occupancy. To make a reservation, call Patti Harkins, 410-278-4603.

**APG Holiday Ball Dec. 18**

*APG PAO*

Aberdeen Proving Ground is having a Holiday Ball, 6:30 p.m. to midnight, Dec. 18 at Top of the Bay, building 30. Alternate weather date is Dec. 19. The public is invited.

The event will be a tribute to the Army's celebration of The Year of the Noncommissioned Officer.

The evening will be filled with military pageantry fitting for the occasion: live dinner music by the U.S. Army Materiel Command Jazz Band, hors d'oeuvres, full service three-course dinner including dessert, cake cutting ceremony, followed by dancing with music by Premier Mobile DJ.

Tickets will be sold on a first-come, first-served basis through Dec. 1. Tickets will not be sold at the door. Tickets cost \$40 per person. Alcoholic beverages will be available for separate purchase.

Dress is semi-formal for civilians

and dress service uniform (with bow tie) for military. Retirees may wear military service dress blues or apply medals to proper civilian attire.

The visiting public must use the Route 715 Gate to access APG. Be prepared to show photo ID and vehicle registration to gain access.

Disabled parking at and access to Top of the Bay is available.

In case of inclement weather, call 410-278-7669 (SNOW).

To make a reservation, visit [www.apgmwr.com](http://www.apgmwr.com) and select the “events” menu. Tickets may be purchased via credit card on the Web site or mail a check payable to FMWR Marketing to P. O. Box 627, APG, MD 21005-0627; or, for more information, call 410-278-1364/4698.

For more information, call Maj. Mathieu Petraitis, 410-278-2104 or e-mail [mathieu.petraitis@us.army.mil](mailto:mathieu.petraitis@us.army.mil).



# ACS shows appreciation to military Families with dinner, movie event

Story by  
**RACHEL PONDER**  
APG News

In celebration of November being Military Family Appreciation Month, Army Community Service hosted a special dinner and a movie event for Families of the Aberdeen Proving Ground community Nov. 18.

One-hundred sixty attendees were treated to spaghetti with meat sauce, salad and garlic bread served by ACS staff and a showing of “Ice Age: Dawn of the Dinosaur.”

Guests also received ACS Military Family Appreciation Goody Bags and were provided information on all ACS programs.

Picerne Military Housing representatives attended the event to answer any questions for APG residents and to give them another a chance to sign the Resident Occupancy Agreement, or ROA, to continue living in on-post housing after Dec. 16. Picerne Military Housing has partnered with the U.S. Army’s Residential Communities Initiative to develop, build, own and maintain military Family housing that will enhance Families’ quality of life.

In addition to celebrating Military Family Appreciation Month, the event was also in support of the Army Family Covenant, which pledges to provide Soldiers and their Families with a level of support commensurate with their level of service.

Renata Newton, an Army spouse, who works at the Post Chapel, and attended the event with her daughter Crystal, 8, and son Christopher, 6, said that she and her children appreciate the free information grab bags that were given by ACS and the dinner and movie.

“It is very good that they are having



Rosa Bragg with her granddaughter Jordan Oliver, 9, receive Army Community Service Military Family Appreciation Goody Bags during the ACS dinner and a movie event which hosted Aberdeen Proving Ground military Families Nov. 18.

a program on post for military Families. We try to take advantage of all the programs that support us,” she said.

Newton added that she especially appreciates the support since her husband Staff Sgt. Christin Newton is cur-

rently deployed to Afghanistan.

“We miss him a lot,” Crystal added.

Marge Fissel, who is serving as acting director for ACS, said that the ACS staff was honored to host the dinner and a movie for military Families in celebra-

tion of Military Appreciation Month.

“This was the first time ACS has offered a dinner and a movie, and the turnout was great,” said Diana Hayes, ACS information referral follow-up program manager and event coordinator.

## ACS support group hosts Holiday Tea and Tree Lighting

Army Community Service

Army Community Service Hearts Apart Support Group is one way to stay connected in the community and learn what ACS has to offer the Family.

As part of the ongoing commitment to support the Army Family Covenant, the ACS Hearts Apart Support Group will host its first Holiday Tea and Tree Lighting at ACS, building 2754 Rodman Road, 3 p.m. to 5 p.m., Dec. 2.

There will be music, light refreshments and information grab bags for all who participate. Spouses will be given a holiday bulb to decorate and hang on the ACS holiday tree in honor of their deployed spouse.

Hearts Apart seeks to empower

Families (military and Department of Defense civilians) with information to help prepare the Families for the separation during deployments and temporary duty travel.

“Army Community Service offers a comprehensive array of programs and services dedicated to maintaining the readiness of the Total Army Family by fostering self-reliance, stability and resilience,” said ACS Director Celestine Beckett. “The ACS staff would like to wish the APG total Army Family—a merry, safe holiday season and a happy New Year.”

For more information, contact Wilhelmina Cromartie, ACS Relocation Readiness Program manager, 410-278-2464 or Phyllis Ethridge, ACS Support coordinator, 410-278-7572.

## Picerne

From front page

to sign a lease and will start receiving their Basic Allowance for Housing to pay rent for the homes they live in on post. Rent equals the BAH received by the service member and includes basic utilities and some renter’s insurance. Residents must sign their lease, or Resident Occupancy Agreement, in order to continue living on-post. The lease, or ROA, is for 12 months and renews month-to-month unless PCS, ETS or retirement orders require earlier termination.

Soldiers who have signed their lease dated for the Dec. 1 transition will not need to take any action. An addendum reflecting the date change will be provided to the Soldier for their records; however, a new agreement will not need to be signed.

Soldiers who have not yet signed their lease should contact the Picerne Neighborhood Office to complete the necessary paperwork to continue to live on post.

The date change for transfer of housing operations also means that Soldiers’ BAH will not start or be reflected on their LES before Dec. 17. Residents should rest assured that they will only be responsible for rent beginning on Dec. 17 and not Dec. 1. The first BAH allotment will be drawn on Jan. 1, 2010, and will equal the rent due for the last 15 days of December 2009.

When Picerne assumes housing operations, an immediate maintenance plan

will be implemented to alleviate the deferred maintenance and other maintenance concerns of residents. Picerne will also mow the lawns, do the landscaping, provide trash and snow removal services, repair streets and sidewalks and build new playgrounds. These services are an expression of Picerne’s Families First® philosophy.

“When Picerne begins managing Family housing, residents will see positive changes beginning day one,” said Greg Cannito, Picerne’s program manager. “Our neighborhood office is now open and staffed with professional teams dedicated to providing Soldiers and their Families with exceptional service.”

Picerne’s property management and maintenance staff are housed at 2727 Chesapeake Boulevard and are available seven days-a-week to assist residents with completing their lease paperwork and in addressing any questions or concerns. Residents are encouraged to stop by anytime to ask questions, meet the neighborhood staff or just to enjoy the cookies and coffee that are always available.

“Picerne Military Housing looks forward to serving the Soldiers and Families of Aberdeen Proving Ground,” Cannito said.

Residents can also contact Picerne’s neighborhood office with any questions or concerns at 410-305-1076.

Picerne is Family owned and operated and has been building and managing residential communities for 85 years. The company is one of the top 20 builders in the United States and has also partnered with Forts Meade, Bragg, Polk, Rucker, Riley and Sill under the RCI program.

## Vet facility available for pet owners

VTF

The APG Veterinary Treatment Facility is in the process of hiring a new veterinarian so it is unknown when the VTF will return to full operations.

Revised business hours are Monday, 9 a.m. to 4 p.m.; Tuesday through Friday, 8 a.m. to 4 p.m. Pets will be seen by appointment only; over the counter sales are available during normal clinic hours. The VTF is closed on weekends and federal holidays.

In order to sell any veterinary product to the pet owner, their pet must have been seen at the VTF within 12 months, including exams at any military vet clinic worldwide. This does not include civilian veterinary practices.

The VTF is located adjacent to Kirk

U.S. Army Health Clinic in building 2479.

### Reminder for residents of on-base housing

All pets (cats and dogs) must be registered with the VTF. There is no fee for this. Pet owners should bring updated vaccine/medical records for their pet(s) to the VTF or fax them to 410-278-7369. Pet owners also need to fill out the client/owner data for VTF records. The forms are available at the VTF and at Picerne Housing. The VTF must have supporting medical records for the vaccines and a rabies certificate to verify that a rabies shot was given.

To make an appointment, call 410-278-4604 during normal hours of operation.

## ACS holiday gift wrap schedule at AAFES

November	Organization
28, 11 a.m. to 7 p.m.	Chaplain’s Office
29, 11 a.m. to 7 p.m.	61st Ordnance Brigade
30, 11 a.m. to 7 p.m.	Chaplain’s Office
December	
1, 11 am. to 7 p.m.	Kirk U.S. Army Health Clinic
2, 11 a.m. to 7 p.m.	22nd Chemical Battalion
3, 11 a.m. to 7 p.m.	Federal Women’s Employment Program
4, 11 a.m. to 7 p.m.	20th SUPCOM (CBRNE)
5, 11 a.m. to 7 p.m.	22th Chemical Battalion
6, 11.a.m. to 7 p.m.	22th Chemical Battalion
7, 11.a.m. to 7 p.m.	61st Ordnance Brigade
8, 11 a.m. to 7 p.m.	203rd Military Intelligence Battalion
9, 11 a.m. to 7 p.m.	361st Training Squadron (Detachment 1)
10, 11 a.m. to 7 p.m.	Military and Civilian Spouses’ Club
11, 11 am to 7 p.m.	Noncommissioned Officer Academy
12, 11 am to 7 p.m.	Noncommissioned Officer Academy
13, 11 a.m. to 7 p.m.	Company B, 3/126th Aviation Battalion
14, 11 a.m. to 7 p.m.	61st Ordnance Brigade
15, 11 a.m. to 7 p.m.	Kirk U.S. Army Health Clinic
16, 11 a.m. to 7 p.m.	22th Chemical Battalion
17, 11 a.m. to 7 p.m.	Marine Corps Detach
18, 11 a.m. to 7 p.m.	203rd Military Intelligence Battalion
19, 11 a.m. to 7 p.m.	Chaplain’s Office
20, 11 a.m. to 7 p.m.	Child, Youth and School Services
21, 11 a.m. to 7 p.m.	20th SUPCOM (CBRNE)
22, 11 a.m. to 7 p.m.	22nd Chemical Battalion
23, 11 a.m. to 7 p.m.	Noncommissioned Officer Academy
24, 11 a.m. to 3 p.m.	Military and Civilian Spouses’ Club



# APG celebration highlights Native American history, culture

## Obama signs Public Law making day after Thanksgiving Native American Heritage Day

Story and photos by  
**RACHEL PONDER**  
APG News

Native American history and culture was celebrated during the Aberdeen Proving Ground annual observance of National American Indian Heritage Month held at the Edgewood Area Stark Recreation Center Nov. 18.

The program featured musical performances, a food tasting of traditional dishes and remarks by guest speaker “Iron Lightning” Lakota Danny Garneaux, a Marine veteran who served during Operation Desert Storm.

Garneaux, who represents the Oglala Lakota Sioux Tribe from the Red Cloud Agency in Pine Ridge, S.D., speaks to groups, especially during the month of November, about the importance of celebrating and preserving the rich history, culture and traditional values of Native Americans.

The program opened with a welcome from Elaine E. Halchak who works at the U.S. Army Research, Development, and Engineering Command and served as mistress of ceremonies for the event. She wore traditional Native American clothes.

Halchak said that on June 29, 2009, President Barack Obama signed Public Law 11-33 designating the Friday after Thanksgiving as Native American Heritage Day.

“This is a milestone which officially established a commemorative day for us as Native Americans and others who celebrate with us,” she said.

Sergeant Anthony Gentilo from the U.S. Army Materiel Command Band sang the national anthem, and Chaplain (Maj.) Young Kim, deputy garrison chaplain, gave the invocation.

Musical performances were provided by a Native American flute circle, comprised of Barbara Tarczynski, from the U.S. Army Developmental Test Command; Roger Bennett and Jerry Brown from the U.S. Army Aberdeen Test Center; and Bear Claw, a guest from the community.

“A flute circle is a gathering of people who play Native-American style flutes,” Bear Claw said.

The Flute Circle gives those who haven’t had a chance to play in front of a group an opportunity to play for appreciative, supportive friends.

The flute players played “catch,” or throwing the melody back and forth.

“You do not have to be able to read music to join a flute circle,” Bennett said. “You play music that is in your heart.”

Bennett said that he discovered flute playing after visiting a Cherokee reservation five years ago and took up flute making four years ago.

“I found the flute music to be hypnotic, very captivating,” Bennett said.

The group played a few songs for the audience using a variety of instruments and flutes, including an “Amazing Grace” solo by Bear Claw using an Anasazi flute.

Anasazi flutes, which were originally found in the American Southwest, are from prehistoric times, AD 625 to AD 1270.

“Anasazi flutes are difficult to play, but playing them is very rewarding,” Bennett said.

For more information about Native American flutes, visit <http://cedarmesa.com/flute-history.html>.

After the group performed, Lt. Col. Steven Fletcher from the 143rd Ordnance Battalion spoke about the importance of the event and introduced the guest speaker.

“Since 1986, the Department of Defense has proudly supported observances through the development of diverse activities. November is the official month set aside to recognize National American Indian Heritage Month, first acknowledged by Congress in 1990,” Fletcher said. “Observances are conducted annually to distinguish the achievements of all cultures by enhancing awareness, showing mutual respect and increasing



“Iron Lightning” Lakota Danny Garneaux, the guest speaker of the Aberdeen Proving Ground Native American Indian heritage month celebration, dances a “welcome” dance, which he dedicated “to those who have fought to preserve our way of life—past, present and future.” The event was held at the Edgewood Area Stark Recreation Center on Nov. 18.

one’s capacity to understand all Americans. These activities are extensions of equal opportunity education and training by promoting harmony among all military members, their Families and the civilian workforce.

“Today, more than thirty-five thousand Native Americans serve in the U.S. military,” Fletcher added.

Garneaux, who was dressed in Native American regalia, opened his talk by saying that he is often asked what a Native American looks like. Garneaux asked those in the audience with Native American blood to stand up, demonstrating that Native Americans are varied in appearance and come from all walks of life.

Garneaux then asked the audience by show of applause, who wears their uniform to go out and protect their Family and their way of life.

“It is no different for Native Americans,” he said. “We want to protect our Family and our way of life.”

Garneaux said that his regalia symbolized different aspects of the Native American culture. For instance, all the feathers on his headdress were given to him by his friends and Family.

“A true warrior is not about speaking about the great accomplishments that he has done,” he said. “A true warrior is spoken of highly by his peers. This humble tradition, these feathers that we have, is similar to the boy scouts who receive patches. When we do a good deed, we receive feathers.”

Garneaux said that it is important in the Native American culture to honor the veterans.

“Because of them, we are still here and we are able to share this education and our culture,” he said. “We are very grateful.”

Garneaux performed a ‘wel-



Members of the flute circle “Windsong” play “catch,” throwing the melody back and forth with their flutes. From left Barbara Tarczynski from the U.S. Army Developmental Test Command; Bear Claw, a guest from the community; and Roger Bennett and Jerry Brown from the U.S. Army Aberdeen Test Center.

come’ dance dedicated “to the people who lost their lives at Fort Hood, those who lost their lives during battles, and the people who will lose their lives during battles yet to come.”

“This is dedicated to those who have fought to preserve our way of life—past, present and future,” he said.

“Americans have an all volunteer force, that, from my standpoint, is just amazing,” he said.

“Just like you, we [Native Americans] are all about protecting the Family, protecting the culture,” he added.

Garneaux led a Native American friendship dance with members from the audience. During the friendship dance participants joined hands and did a dance that symbolizes the lifecycle of a snake by doing snake-like motions. This dance also emphasizes that each member of the group is important as each individual is joined together to make a whole snake.

After the program Glenda Weaver, who works at the Aberdeen Area Youth Center, said that she enjoyed the program because it celebrates her Cherokee Indian heritage.

“I especially enjoyed the dancing,” she said. “I would like to try to do the friendship dance with the children at the Youth Center,”

Lucinda McDowell, who also works at the AA Youth Center, said that she also enjoyed the program.

“I loved everything about the program and learning about different cultures,” she said.

### Food tasting

Attendees were treated to Native American dishes of Pueblo pork roast, roast turkey, beef stew, yams, corn, Navaho fry bread and blue corn bread.

### Essay contest

Matthew Miller, 11, whose father is Ray Miller from the Edgewood Chemical Biologi-

cal Center, was the first place winner for the essay contest and received a plaque and a note from Maj. Gen. Paul Izzo, RDECOM and APG Installation commander.

Miller, who is a fifth grade home school student, wrote about studying the Native American culture as part of his studies. Along with other activities Miller learned how to plant a Native American garden and make corn husk dolls.

### Flute Circle

Anyone interested in hearing a Native American flute circle or joining the circle can attend a Windsong meeting which takes place the second Monday of each month, 7:30 p.m. at Hopewell United Methodist Church, 2602 Level Village Road, Havre de Grace.

For more information, contact Bennett, 410-322-8933, e-mail him at [rbennett3@comcast.net](mailto:rbennett3@comcast.net) or visit <http://home.comcast.net/~wnafc/>.





# Health Notes

## Health fair helps protect workforce



Jonathan White of the U.S. Army Aberdeen Test Center receives a flu mist vaccine from Montora Moyes, a registered nurse with Medstar/Una, during the ATC/U.S. Army Evaluation Center sponsored health fair Nov. 5.

Story and photo by  
**MIKE CAST**  
DTC

Representatives of local clinics, medical practices and health advocacy organizations converged on the second floor of Aberdeen Proving Ground's Ryan Building Nov. 5 to help Army employees get flu vaccinations, undergo screening for potential health problems and learn about risks and treatment options for a variety of afflictions.

It was the second year in a row for the health fair, sponsored by the U.S. Army Developmental Test Command and the U. S. Army Evaluation Center. Joseph Althouse, DTC's health coordinator, played a key role in organizing and orchestrating the event.

During the morning, health-care providers gave attendees with appointments their seasonal flu vaccinations, screened their blood to determine glucose and cholesterol levels and screened them for osteoporosis. Attendees also received body composition, blood pressure and skin cancer screenings throughout much of the day without appointment.

The Kirk U.S. Army Health Clinic also participated and provided health-related information

to fair attendees.

In the Powers Conference Room next door, a series of speakers addressed subjects as diverse as peripheral neuropathy, age-related eye disorders, stress and spinal health and massage as part of a wellness plan.

The guest speaker was Tina Tockarshewsky, president and CEO of The Neuropathy Association, a nationwide organization headquartered in New York City whose mission is to educate both the medical profession and public about this nerve disorder [peripheral neuropathy]. The association supports research into its treatment and finding a cure, and helping the roughly 20 million Americans who suffer from the malady.

### About neuropathy

Despite being as widespread as it is, peripheral neuropathy and its treatment options are not well understood, even among medical professionals, Tockarshewsky said. It is not a disease in itself but a process that involves damage to the peripheral nerves that branch out from the central nervous system to the rest of the body. It normally begins in the hands and feet but can also progress and affect other areas of the body,

including the autonomic nerves that control internal organs in some extreme cases. Numerous systemic disorders can cause neuropathy - everything from metabolic disorders such as diabetes to a dysfunctional autoimmune system and reaction to various toxins such as the drugs used for cancer chemotherapy. Diabetes accounts for about one third of the neuropathies, but another third are labeled idiopathic, meaning there is no known cause.

Tockarshewsky said symptoms range from numbness and tingling in the body's extremities to pain that is difficult to manage and in some cases loss of motor function, making it difficult to walk normally, grip items properly with hands or know exactly where to place one's feet when walking over uneven surfaces.

Neuropathic pain is different from the type people experience from injuries that don't involve nerve damage, she said. It can show up as a burning sensation where the nerves are damaged, although it can also cause other types of pain in some cases. Paradoxically, pain and numbness can be present simultaneously in the same afflicted area.

"We conducted a patient poll last year, and we found that

neuropathic pain is the number-one issue for people with neuropathy," Tockarshewsky said.

Many physicians don't understand how to treat neuropathic pain effectively or are reluctant to get involved with something that is often resistant to treatment, so seeking out specialists such as neurologists and pain-management professionals can be the best option for people suffering from neuropathic pain, she said.

Depending on the severity of the neuropathy, it often takes a "cocktail" of drugs such as anti-seizure medications, oral pain relievers and even stronger substances controlled by the Drug Enforcement Administration to treat neuropathic pain, and in many cases only pain-management physicians are willing or qualified to treat patients with these substances.

It is important to advocate for neuropathy research because most current treatments only mask symptoms and do little, if anything, to treat the underlying neuropathy, Tockarshewsky said, adding that some neuropathy patients show improvement, while others progress to a "plateau," where symptoms appear to stop getting worse without getting better. Because peripheral neuropathy involves damage to nerves rather than tissue, even those who find successful treatments may discover that healing is slow and difficult at best, she said.

Tockarshewsky said it is very important to recognize the symptoms of neuropathy at an early stage when the prognosis for successful treatment is best. The diagnostic tools available include nerve conduction studies that indicate the speed and strength with which electrical signals travel through the peripheral nerves. The electromyogram, which records the electrical activity in muscles, is another diagnostic tool. A skin-punch biopsy, in which a small, sharp instrument is used to puncture the skin in the affected area and take a sample to view under a microscope, can indicate neuropathy in the small nerve fibers found in skin, Tockarshewsky said.

### About eye disorders

Joyce Flateau of the Parris-Castaro Eye and Laser Center in Bel Air explained some of the most common age-related eye disorders.

Among those that can have the greatest impact on the health of eyes is macular degeneration, the leading cause of vision loss and blindness among Americans 65 years of age and older. Macular degeneration is a

growing problem because about 1.75 million Americans have advanced age-related macular degeneration, and that number is expected to grow to almost three million by the year 2020.

The macula is the part of the retina responsible for the sharp, central vision required to read or drive. Because the macula is that part of the eye most affected by the degeneration, central vision loss may occur.

There are two forms of advanced macular degeneration, dry and wet. In the dry form, yellowish spots known as drusen, which are thought to be deteriorating tissue, begin to accumulate in and around the macula. Over time it can slowly progress to a gradual degradation or retinal cells that also can cause severe vision loss. The dry variety is an early stage of the disease and may result from the aging and thinning of macular tissues, the depositing of pigment in the macula, or a combination of the two causes.

A major National Eye Institute study produced strong evidence that certain nutrients such as beta carotene (vitamin A) and vitamins C and E may help prevent or slow progression of dry macular degeneration.

### About stress spinal health

Jennifer Badding of Aberdeen Family Chiropractic gave health-fair attendees advice for easing or preventing spinal problems, many of which arise from stress. Studies have shown that stress can cause a range of problems in the spinal column, she said. It may be the result of sitting at a desk for hours at a time in a posture that puts pressure on the spine, Badding explained. She said people who do most of their work sitting in front of a computer or at a reception desk should at times change their posture or get up and walk around at times to relieve pressure on the spinal column.

Many employers are finding that ergonomically designed chairs, keyboards and other office fixtures ease spinal pressure and reduce sick leave based on spinal problems, she said. Some types of exercise can do the same, including spending time sitting on an inflatable ball instead of a chair while moving in a pattern that flexes the spine. Ergonomic furniture can ease health problems other than those involving the spine, Badding added. Various government agencies, including the Army, have found it cuts down on nerve problems such as carpal tunnel syndrome, she said.

## Suicide numbers may top 2008, but progress being made

Story by  
**C. TODD LOPEZ**  
Army News Service

The suicide rate among Soldiers serving on active duty in 2009 is expected to exceed that of 2008 -- a statistic the Army doesn't take lightly, said Vice Chief of Staff of the Army Gen. Peter Chiarelli.

"We are most certainly going to end the year higher than last year," Chiarelli said. "Obviously we would prefer not to have another suicide this year, or in the years that follow. But we know that will not be the case. This is horrible -- and I do not want to downplay the significance of these numbers in any way."

During a press briefing at the Pentagon Nov. 17, Chiarelli told reporters that as of Nov. 16, the Army had 140 suicides on its books for Soldiers serving on active duty -- though some of those are still under investigation.

The Army had 16 potential suicides in October, all of which are still under investigation, the Defense Department announced Nov. 13. In September, the Army had seven suicides; three of which are not confirmed and four still under investigation.

The Army had experienced 140 confirmed suicides in 2008. If Army suicide rates for 2009 exceed those of 2008, it will be the fifth year in row the numbers have risen. The numbers for 2008 also gave the Army, for the first time, a suicide rate higher than that of a compa-

rable civilian population. Chiarelli also said the Army experienced 71 suicides for Soldiers not on active duty.

Chiarelli said most of the suicides, as many as a third of them, occurred in the first two months of the year and that, despite the numbers, he believes the Army is making progress in its efforts to curb suicide.

"It is important to put these numbers in context and to talk about why we believe, despite these numbers, that we are making some progress," Chiarelli said. "Since March, the general trend line, with the exception of a couple of months, has been down."

He said he attributes that decline to Army actions to inform and educate Soldiers and leaders on the issue -- and he cited leader involvement for Army progress in suicide.

Chiarelli said the Army has several initiatives designed to help curb suicides. The biggest, he said, is the Comprehensive Soldier Fitness program, which the Army kicked off in October.

"It is an investment in the readiness of our force," Chiarelli said.

The aim of Comprehensive Soldier Fitness is to help Soldiers put the same emphasis on mental strength and resilience that they put on physical strength.

The Army has implemented additional programs that are aimed at psychological well-being. Among those are the pilot TRICARE Assistance Program and the Telemental Health Network --

both designed to let Soldiers and Family members seek assistance via the Internet or telephone.

At Tripler Army Medical Center, Hawaii, the general said the Army was able to provide all members of a redeploying unit with a post-deployment mental-health screening that involved actual mental-health professionals. Some Soldiers saw a health professional face-to-face, others did it via computer.

"We took a battalion, returning from theater, and gave one hundred percent of the Soldiers in that battalion mental-health evaluations," the general said. The mass screening resulted in "a higher ... rate for mental health issues that we believe we caught earlier because of a twenty to thirty-minute evaluation."

Follow-up evaluations will be provided to Soldiers between 90 to 180 days after coming home, he said, to "identify those individuals who may be having trouble with reintegration."

The advent of telemedicine is beneficial for the Army, Chiarelli said, because the service is struggling, like much of the civilian population, to find both mental-health and substance-abuse counselors. He said he'd ideally like to see in the Army the addition of as many as 300 substance-abuse counselors and 800 mental health counselors.

"I need more substance abuse counselors in my posts, camps and stations," he said.

In 2008, the Army asked the National Institute of Mental Health to conduct a study to get to the root causes of suicide in the Army. During the study, which is expected to last five years, the NIMH may interview Soldiers, their Families and their parents. The study will include the active duty force in addition to the National Guard and Army Reserve.

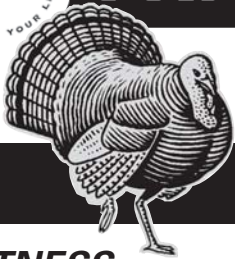
Chiarelli said he will meet with NIMH officials in early December to get a briefing on the study and will use that information to help better steer Army efforts to curb suicides.

Until then, the general said, the Army is still at a loss to explain why Soldiers commit suicide. With the exception of a relationship between suicides and Soldiers who are geographically separated from military installations, Chiarelli said the Army still has found no single factor that can be used to predict suicides.

"There are no easy answers or solutions," the general said of trying to curb suicides. "And although we have made changes to Army policy based on many of the lessons learned, we still haven't found any statistically significant causal linkage that would allow us to effectively predict human behavior."

He said the Army is concerned with an increase in suicides at Fort Campbell, Ky.; Fort Stewart, Ga.; and Schofield Barracks, Hawaii. Additionally, he said, the Army is studying why suicide rates are down at Fort Hood, Texas; Fort Bragg, N.C., and Fort Drum, N.Y.





# FAMILY AND MORALE, WELFARE & RECREATION

## DFMWR facilities Thanksgiving schedule

	THU 26-Nov	FRI 27-Nov	SAT 28-Nov	SUN 29-Nov
<b>FITNESS:</b>				
AA ATHLETIC CENTER	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.
AA HEALTH & FITNESS CTR	CLOSED	CLOSED	CLOSED	CLOSED
EA HOYLE GYM/FITNESS CTR	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.
<b>FOOD &amp; BEVERAGE:</b>				
TOP OF THE BAY	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING SNACK BAR	CLOSED	5 - 10 p.m.	3 - 10 p.m.	1 - 6 p.m.
SUTHERLAND GRILL	CLOSED	9:30 a.m. - 2:30 p.m.	9:30 a.m. - 4:30 p.m.	9:30 a.m. - 4:30 p.m.
AA REC CTR SNACK BAR	3:30 - 10 p.m.	3:30 - 10 p.m.	3:30 - 10 p.m.	Noon - 5 p.m.
SOUTH SIDE GRILL - LUNCH	CLOSED	11 a.m. - 2 p.m.	11 a.m. - 2 p.m.	1 - 5 p.m.
SOUTH SIDE GRILL - EVENING	CLOSED	5 - 9 p.m.	5 - 9 p.m.	CLOSED
DONNA'S PIT BEEF	CLOSED	CLOSED	CLOSED	CLOSED
<b>RECREATION:</b>				
AA RECREATION CENTER	3 - 11 p.m.	3 - 11 p.m.	3 - 11 p.m.	11 a.m. - 6 p.m.
BOWLING	CLOSED	5 - 10 p.m.	3 - 10 p.m.	1 - 6 p.m.
RUGGLES	CLOSED	8 a.m. - 4:30 p.m.	8 a.m. - 4:30 p.m.	8 a.m. - 4:30 p.m.
EA RECREATION CENTER	3 - 11 p.m.	3 - 11 p.m.	3 - 11 p.m.	11 a.m. - 6 p.m.
EXTON	CLOSED	8 a.m. - 4:30 p.m.	8 a.m. - 4:30 p.m.	8 a.m. - 4:30 p.m.
<b>SELF SERVICE:</b>				
AUTO CRAFTS CENTER	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.
ODR & EQUIPMENT CENTER	CLOSED	CLOSED	CLOSED	CLOSED
LIBRARY	CLOSED	CLOSED	1 - 5 p.m.	1 - 5 p.m.
MWR LEISURE TRAVEL	CLOSED	CLOSED	CLOSED	CLOSED
<b>CHILD CARE/ COMMUNITY SERVICES</b>				
CHILD & YOUTH SERVICES*	CLOSED	CLOSED	CLOSED	CLOSED
ARMY COMMUNITY SVC	CLOSED	CLOSED	CLOSED	CLOSED

\*CYS Services facilities are: Child Development Centers, Youth Centers/School-Age Services programs and Family Child Care homes.

### Activities/Events

#### Volunteer today

Explore a new career, develop new skills, network with other professionals and create opportunities. Army Community Service has many opportunities and needs support for its various programs. For more information, call Army Community Service, 410-278-2453.

#### Holiday Gift Wrap Program begins Friday

Gift wrapping will start Nov. 28 and run through Christmas Eve, Dec. 24. See schedule on page 11.

#### 2009 White House ornament sale

FMWR Leisure Travel Services is selling the latest White House ornaments for \$16, but supplies are limited. The 2009 White House Christmas Ornament is in honor of Grover Cleveland's 24th presidency, which was his second non-consecutive term. Cleveland was the only president elected for two non-consecutive terms in U.S. history.

The ornament is also in honor of the first Christmas that used electric lights in 1894. For more information or to purchase, call FMWR Leisure Travel Services, 410-278-4011/4907, visit AA Recreation Center, building 3326, or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

#### Leisure Travel Services available at EA Recreation Center

Limited services are available at Leisure Travel Services, 11 a.m. to 6 p.m., Wednesdays, at the EA Recreation Center, building E-4140. For more information, visit or call 410-436-2713. For full services, visit or call the APG Leisure Travel Office located in the AA Recreation Center, 410-278-4011 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

#### Radio City Christmas Spectacular

See the Rockettes perform in the

Radio City Christmas Spectacular at the 1st Mariner Arena, 201 West Baltimore Street, Baltimore. There will be two shows, 4 or 7 p.m., Dec. 17. Tickets cost \$76.75 for adults and \$67.75 for children ages 2 through 12. Children ages 2 and under do not need a ticket if seated on a parent's lap. All tickets must be pre-ordered. Tickets are limited and are available on a first-come first-serve basis. Seats are located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

For more information or to purchase tickets, visit FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

#### The Great Russian Nutcracker

The Lyric Opera House, located on 140 West Mount Royal Avenue, Baltimore, will present the Nutcracker, 7:30 p.m., Dec. 19 and 5 p.m., Dec. 20. Tickets cost \$70.50 for all ages and must be pre-ordered. Children under the age of 2 do not need a ticket if seated on a parent's lap. Tickets are limited and are available on a first-come, first-serve basis. Seating is located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3. For more information or to purchase tickets, visit the FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

### SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

#### Driver's Ed

Driver's Education classes will be held Dec. 7 thru Dec. 22 (There is no class on federal holidays). Classes will be held Monday thru Thursday, 2:30 to 5:45 p.m. and 6 to 9:15 p.m. Cost is \$315 per student. All Drivers Education classes are conducted by Rules Driving School, Inc. Classes will be held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304. Classes include 30 hours classroom instruction and 6 hours behind the wheel instruction. The last day to register for class is one week prior to the first class. Students must be between the ages of 15.9 and 18 years old. Parents must attend the first day of class. Open to all DoD ID card holders. Prices subject to change without notice.

#### Private piano lessons

SKIES Unlimited private piano lessons will be given for ages 4 thru 18, 3:30 to 6:30 p.m., on Tuesdays or Fridays, Jan. 5 through Feb. 12 (no class on Jan. 15) and Feb. 23 through April 2. Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Parents choose which time frame session they want to sign-up for when they register their child. Students will be responsible for purchasing the required books for the course

as recommended by the instructor. **Free babysitting course** Become a certified babysitter after taking the free 4-H/Army Child, Youth and School Services babysitting class for ages 13 to 18. The class will be held 9 a.m. to 3 p.m., Jan. 19, at the Aberdeen Area Child, Youth and School Services, building 2522. The objective is to familiarize participants with the responsibilities of babysitting. Class is open to all DoD ID card holders. **Private Flute Lessons** Private flute lessons for ages 8 through 18 will be held 3:30 to 7 p.m., Mondays, Jan. 5 through Feb. 2, at the Aberdeen Area Youth Center, building 2522. Cost of the lessons is \$96 per student and includes one 30-minute session per week for six weeks. Students must provide their own flute and also are required to purchase books required for the course as recommended by the instructor. Books are a one-time purchase. Parents choose which time frame session they want to sign-up for when they register their child.

### Looking for a job?

Visit FMWR Jobs Available at [www.apgmwr.com](http://www.apgmwr.com). All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naef.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

## November bowling specials

Adult Lunch Leagues bowl Tuesday and Thursday during the day. No open bowling until 1 p.m. Evening leagues are Wednesday, Thursday and Friday. There will be no open bowling on Thursdays after 5 p.m. and no open bowling on Friday until after 9:30 p.m. On Wednesday there are a few lanes which will be issued on a first-come, first-served basis. **Leagues are still forming** Saturday youth leagues are accepting ages 18 months to 20 years for their youth league. Youths ages 18 months to 11 starts at 9 a.m. and ages 12 thru 20 starts at 10:45 a.m. **Bowling specials** • Each Friday, 9:30 a.m. to 11 p.m., bowl for \$1.25 per game. Shoe rental costs \$2. • Purchase a special from the snack

bar and receive one free game. • On Nov. 25, anyone who bowls three strikes in a row (a turkey), that game is free. • Anyone that bowls three turkeys in one game wins a gift certificate up to \$25 for a free turkey. • Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza (toppings extra) and one pitcher of soda for \$32.

The Bowling Center will hold a special bowling promotion Dec. 18 through Jan. 3. Soldiers and their Families can bowl two free games with free shoe rentals per day. Soldier and or Family member must present an ID that verifies they are a Soldier or Family member. (No limit to the size of Family.) This is based on available lanes and shoes.

## APG Bowling Center Snack Bar specials

### Building 2342

The Bowling Center hours are 7 a.m. to 3 p.m., Monday and Tuesday; 7 a.m. to 10 p.m., Wednesday and Thursday; 7 a.m. to 11 p.m., Friday; 1 to 11 p.m., Saturday; and 1 to 6 p.m., Sunday.

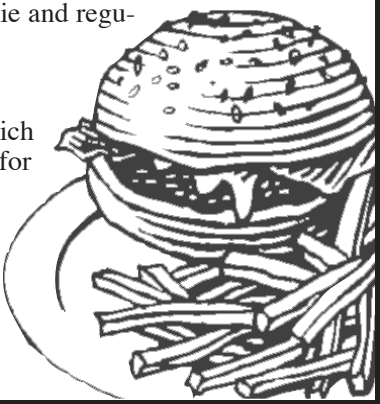
#### Week of Nov. 23

Special #1: Grand daddy sub, french fries, cookie and regular soda for \$8.25. Special #2: Italian sausage, french fries, cookie and regular soda for \$6.25.

#### Week of Nov. 30

Special #1: Grilled ham and cheese sandwich with tomato soup, cookie and regular soda for \$4.95. Special #2: Turkey club sandwich with potato chips, cookie and regular soda for \$6.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.







New Company A Soldiers remove a victim's contaminated clothing during a training exercise Nov. 6. The Soldiers ran two miles, stopping every quarter of a mile to test their abilities as a chemical response team and technical escort unit.

# Adding a little kick: 22d Chemical Battalion takes physical fitness to a whole new level

Story and photos by  
**CHANEL S. WEAVER**  
20th Support Command (CBRNE)

Physical and mental fitness have long been pillars of the U.S. Army, so it is no surprise that Company A, 22d Chemical Battalion, (Technical Escort) gathered in the pre-dawn hours Nov. 6 for their workout. Like many other Army units, Company A is committed to being physically fit.

At quarter-past six in the morning, the sounds on the Edgewood Area of Aberdeen Proving Ground are few, but distinct.

A bird chirps to signal the start of the new day; a car moves down Magnolia Road, its occupant undoubtedly on the way to work.

On a side street, there's the authoritative voice of 1st Lt. Maritzabel Mustafaa shouting in the pre-dawn air.

"Everybody listen up," Mustafaa says, her voice as loud as necessary to get her Soldiers' attention.

She gives a safety briefing to the Soldiers of Company A as they prepare for a workout.

But this is no ordinary workout.

Dressed in full personal protective equipment — chemical suits, gas masks, gloves and boots — the Soldiers of Company A prepare to run a two-mile course.

Mustafaa, a battalion team leader, organized the workout known as, "Responder's Challenge." During the exercise, two Company A teams raced the two-mile course, stopping every quarter mile to face a challenge they might face in a chemical response situation.

"We wanted to combine physical fitness and combat-focused training and test the ability of each team to conduct chemical response," she said.

The 22d Chemical Battalion's mission is to provide chemical, biological, radiological, nuclear and high-yield explosives, or CBRNE, response in support of military operations and civil authorities.



Veteran Soldiers of Company A, 22d Chemical Battalion, seal a chemical round found during the training exercise.

The unit is no stranger to deployment, members of the command having mobilized numerous times to Iraq and Afghanistan in support of the Global War on Terrorism.

The clock begins. The first team races toward the quarter-mile point.

A casualty, a mannequin for training purposes, lies on the road. They load the victim on a litter and run another quarter mile.

At the half-mile point they treat a victim who has been exposed to a nerve agent. They safely cut the victim's outer clothing.

As they continue, they stop to seal a chemical leak, drop off a chemical round, take samples and transport hazardous materials — jobs they routinely

perform as CBRNE warriors.

Before reaching the finish line, they answer a technical question posed by Staff Sgt. James Hunt. They receive the all-clear as they finish their run.

As they begin to remove their chemical gear, drenched in perspiration, they are reminded that nothing in the Army is accomplished alone.

"Help your buddy out," Hunt yelled.

The Soldiers helped each other remove their PPE.

The first team, comprised of Company A veterans, finished in 48 minutes.

"The training was good," Sgt. David Williamson said, catching his breath. "The scenarios were realistic and caused you to think on your feet."

The first team gained confidence as

chemical responders and earned bragging rights as the fastest team.

The second team, mostly new members to the unit, was not discouraged. They had a few bragging rights of their own.

"We only lost by five minutes," Staff Sgt. Rigaud Julien said. "That's not bad for a bunch of new kids on the block."

As traffic in the area began to pick up and the sun rose a little higher in the sky, all the Soldiers said their success was due to their dedication and perseverance.

"You've got to contract the core," Staff Sgt. Tobias Bivines said of the physical challenge. "You go deep and pull out everything that's inside of you."



First Lt. Maritzabel Mustafaa gives Company A, 22d Chemical Battalion Soldiers a safety briefing in the pre-dawn hours. Mustafaa organized the "Responder's Challenge," a program aimed at combining physical fitness with combat-focused training.



Members of Company A help each other remove gas masks before completing the final leg of their two-mile run.